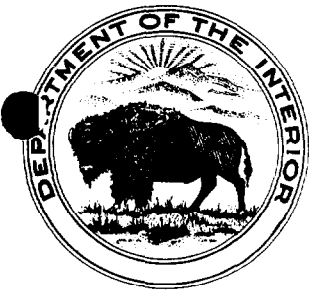


Nov. 9, 1944



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Immediate Release

Because present supplies of frozen fish and shellfish held in freezing establishments and cold storage houses throughout the country are now at the highest point in history, the Fish and Wildlife Service, the War Food Administration, and the fishing industry have joined forces during November in a concerted effort to move these stocks of fish into trade channels.

By relieving the present storage congestion, room can be made for the heavy catches of fish normally taken in the fall months in certain areas and space will also become available for Army holdings of frozen products.

The cooperation of housewives is necessary, however, to make this "Eat Fish More Often" campaign a real success. To those housewives who heretofore have considered fish on the once-a-week schedule, or even less often, the Fish and Wildlife Service calls attention to the fact that fish is an every-day food and has plenty of "what it takes" when it comes to supplying those chemical and other nutritive elements required for the healthy maintenance and upbuilding of the human body.

Most people eat fish because they enjoy their varied flavors and their adaptability to many different methods of preparation. There are further benefits from eating aquatic food, however, for fish are good natural sources of calcium, phosphorus, iron, and copper, and provide protein of unexcelled quality. Some species also furnish vitamins in appreciable quantities and sea fish are rich in iodine.

Fish are sold in various forms for different uses. Knowing these "cuts" is important in buying. It means that you can use the less expensive fish when these will meet your need, and that you can plan your fish cooking to suit the rest of your meal.

These are the best known "cuts" of fish:

Whole or round fish are small fish which can be cooked whole, or the small sizes of larger varieties. They are sold without being processed or dressed in any way.

Drawn fish are whole fish, marketed with only the entrails removed.

Dressed fish have had entrails, head, tail, and usually the fins removed. Many dressed fish are large and have to be cut or otherwise prepared for cooking.

Pan-dressed fish are usually small and differ from dressed fish only in that they are ready for cooking, without further preparation.

Steaks are cross-sections of the larger, dressed fish, usually cut about five-eighths of an inch thick.

Filletts are the meaty sides of fish cut lengthwise from the bone. Their weight depends upon the size of the fish from which they are cut.

Butterfly filletts are two ordinary filletts held together by the uncut belly of the fish.

Sticks are crosswise or lengthwise cuts of filletts of uniform length and thickness.

Another point to remember is that fresh and frozen fish are equally good. When properly prepared it is impossible to tell fresh from frozen fish after cooking--odor, flavor, and texture are identical.

The Fish and Wildlife Service points out that the freezing of fishery products has been developed to a very high degree by the fishing industry in order to preserve the heavy seasonal production, maintain a constant supply of excellent food at reasonable prices, and facilitate the shipment of fishery products from the landing ports to inland marketing centers. Housewives in the midwestern region can serve fish with that "tang o' the sea" taste when they purchase such frozen varieties as cod and rosefish filletts.

Frozen fish must not be thawed until ready to prepare for cooking, fish cookery experts caution. Frozen filletts, sticks, and steaks, however, can often be prepared and cooking begun without preliminary thawing. Never permit frozen fish to thaw and refreeze.

Bothered about the odor of fish on hands and dishes? Here's how that can be eliminated: Chill hands thoroughly in cold water before touching fish to prevent any odor of raw fish from clinging to the hands. Cleanse the hands by washing with hot water and salt; do not use soap until after rinsing off the salt. For washing dishes upon which fish has been served, use a hot strong solution of salt in water. Used without soap, this solution will quickly remove fish odors from dishes.

Many housewives are apparently unaware of the wide variety of fishery products on the market and the relative ease with which they may be prepared in economical and appetizing dishes. Wartime Fish Cookery, a 24-page, illustrated booklet giving the "A-B-C's" of fish cookery, may be obtained without charge during November by writing to the U. S. Fish and Wildlife Service, Chicago 54, Illinois.